

NUTRI-SPEC



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THE NUTRI-SPEC LETTER

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From:
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WARNING !!!

COMPLEX P HAS SERIOUS SIDE EFFECTS.

TAKE ONLY ACCORDING TO YOUR DOCTOR'S INSTRUCTIONS.

Dear Doctor,

One of the NUTRI-SPEC stories I most love to tell is about a new NUTRI-SPEC practitioner's confounding experience with Complex P. Not long after buying "An Analytical System of Clinical Nutrition" and a supply of supplements, he phoned NUTRI-SPEC with this question:

"I've had allergies all my life, so last week I started taking Complex P. Within a few days, my heart seemed to be racing, and my mouth is dry, and I have insomnia. Could these symptoms be side effects of Complex P?"

Our reply was, of course, that tachycardia, dry mouth, and insomnia are not SIDE EFFECTS of Complex P, they are the INTENDED EFFECTS.

Are you shocked that NUTRI-SPEC makes a product that can cause a negative reaction in your patients? You shouldn't be. You should understand, as that uninformed doctor with allergies did not, that the one and only purpose of Complex P is to push the metabolism in a sympathetic direction. That it does so quite effectively is confirmed by

the doctor's development of 3 sympathetic symptoms after just days of taking it.

The doctor's problem was being aware that histamine allergies are often related to a Parasympathetic Imbalance, and so, assuming --- without testing --- that he needed Complex P. In reality, his allergies were probably Anaerobic or Dysaerobic plus Prostaglandin related, so all the Complex P did was drive him into a Sympathetic Imbalance. The always helpful and informative NUTRI-SPEC staff explained to the doctor the difference between patient-specific and disease-specific nutrition, and that ...

**OUR SUPPLEMENTS ARE FORMULATED TO CORRECT THE
METABOLIC IMBALANCES UNDERLYING A PATIENT'S SYMPTOMS,
NOT TO TREAT THOSE SYMPTOMS PER SE.**

--- Since we never heard from the doctor again, he is undoubtedly to this day adrift in a sea of natural remedies, hoping to find a cure for his allergies.

What are the two lessons we learn from this story? First, those who practice empirical, symptom-related nutrition are lost at sea without a compass. Their trial-and-error approach not only generates much error, but even if they do achieve symptomatic relief, they often inadvertently create metabolic imbalances that will lead to new symptoms. In contrast, with NUTRI-SPEC's objective testing, you are always on course. Your patients' symptoms sometimes respond slowly, and sometimes miraculously --- but week after week, month by month, you see evidence that you are increasing your patients' vital reserves as metabolic balance is achieved.

The second lesson we learn from this story is that the power of NUTRI-SPEC supplements must be respected. These are not toys. You certainly cannot use them to control symptoms without serious consequences. Neither can you take a "set it and forget it" approach, telling a patient, for example, "You are a Parasympathetic Type. Take Complex P and see me again in six months." By the sixth month, your patient is likely to experience the same reaction as the doctor in the story --- suffering Sympathetic symptoms. Six months is too long; one month is too long ---

EVEN ONE WEEK CAN BE TOO LONG.

With specific supplementation guided by objective testing and analysis ---

**NUTRI-SPEC SUPPLEMENTS CAN MAKE
BIG CHANGES IN A BIG HURRY.**

You WANT to make big changes in a big hurry. That is the whole point of NUTRI-SPEC --- not to treat a woman as Parasympathetic for the rest of her life, but to correct the stress reaction in her parasympathetic nervous system now.

--- And --- with your newly revised testing procedures and QRG analysis, now often means within a week for your Sympathetic/Parasympathetic patients. In at least half those patients it is time to begin cutting back on Complex S or Complex P and the other supplements for Sympathetic/Parasympathetic Imbalance within three weeks.

In last month's Letter you read a nice case history of a young man with severe symptoms who was helped dramatically when your revised NUTRI-SPEC analysis revealed that he was Sympathetic in addition to Electrolyte Insufficient. I have another good story for you in a moment, but first, since you now have the power to correct (and if careless, over-correct) autonomic stress in a very short time --- and ---

**SINCE CORRECTING AUTONOMIC IMBALANCES
IS GOING TO BECOME A MAJOR SOURCE OF ENTHUSIASTIC,
REFERRING PATIENTS FOR YOU ---**

it may be helpful for you to understand how Sympathetic and Parasympathetic stress relate to patients of different ages.

During childhood and adolescence, and even in healthy young adults up to about age 32, both the Sympathetic and Parasympathetic systems tend to over-activate in response to stress. Even in extremely Parasympathetic children with asthma, you will often find some strong Sympathetic clinical signs. When you find a Sympathetic or Parasympathetic Imbalance in a teenager or healthy young adult, it will generally be a case of both Sympathetic and Parasympathetic systems being over-reactive, but one being even more so than the other. These autonomic imbalances tend to correct very, very quickly.

At age 32, a person begins the long, slow, steady slide downhill toward death. From age 32 to about 52, patients who show a Sympathetic/Parasympathetic Imbalance generally have one system over-reactive, while the other is beginning to fade in its ability to respond to stress. Correcting Sympathetic/Parasympathetic Imbalances in these people generally has a profound effect on their symptoms, as their vital reserves are increased dramatically.

Somewhere around age 52, the capacity for both the Sympathetic and Parasympathetic systems to rise to challenges begins to fade. Now, your Sympathetic or Parasympathetic test patterns always indicate as much a weakness in one system as an over-reactivity of the other. The amplitude of the diphasic diurnal cycle begins to flatten at this age. That is why at age 52 you begin using both Complex P and Complex S as part of the Diphasic Nutrition Plan for all patients.

Eventually, all patients will reach an age when both the Sympathetic and Parasympathetic systems are failing. This is the exact opposite of what we find in children. Geriatric patients all experience some degree of overall autonomic failure. Only restoring metabolic balance with NUTRI-SPEC, and following that with the Diphasic Plan, will allow Complex P and Complex S (along with Oxy A+ and Oxy D+) to pump these people up with vitality.

Again --- Complex S and Complex P provide a powerful push to the autonomic nervous system in patients of all ages --- whether it is a case of Sympathetic/Parasympathetic stress, or Sympathetic/Parasympathetic insufficiency. The improvements you will see in your patients' tests often happen quickly, and show up very clearly in your objective QRG analysis. Once you start a patient on Complex S or Complex P, you must monitor closely so that you can adjust the supplement regimen as needed, before you push the person from one imbalance to its opposite.

USE THESE POWERFUL SUPPLEMENTS WISELY ...

and you will have a great time watching the changes in your very satisfied patients. Note, however, that using these supplements wisely requires doing your test procedures accurately. If you have any doubt that you are consistently producing perfect numbers on your orthostatic blood pressures and pulses, then phone NUTRI-SPEC to speak with Merry or Jennifer. They can give you the finer points you need to refine your technique.

Here is another story showing the seemingly miraculous power of Complex S and Complex P. This case history is provided by a doctor who lives outside the country, and is practicing NUTRI-SPEC in service of patients with severe pathologies. He contacted NUTRI-SPEC with questions on a patient who presented perplexing test results.

He relates, "I've got a patient with diabetes mellitus --- nice, slender woman, 11 years on insulin. When I run the NUTRI-SPEC test procedures the only imbalances I come up with are perhaps a little Electrolyte Insufficiency and Anaerobic. But really neither test pattern applies completely. Actually, the most notable test result on this patient

is a urine specific gravity which is repeatedly above 42. [---He uses an instrument to test specific gravity, which can give readings higher than the 30 on our test strips, but which is of no particular value in NUTRI-SPEC analysis.] Shall I go ahead and treat her as Electrolyte Insufficiency and Anaerobic, or is there something special to consider?"

These are the kinds of questions the NUTRI-SPEC staff gets from doctors all day long. We review the patient's test results with the doctor and can usually provide additional insight to the patient's needs. This particular patient's test results were passed along to me, and here were my recommendations:

1. The patient's tests show neither an Anaerobic Imbalance nor an Electrolyte Insufficiency Imbalance. (With a specific gravity of 42, the patient cannot be Anaerobic.) She is borderline for Electrolyte Insufficiency, but we would not treat it.
2. The patient is Sympathetic, which is what we expect to find in an insulin-dependent diabetic. The Sympathetic Imbalance probably accounts for her elevated urine specific gravity. We suggest you treat her as a Sympathetic Imbalance as follows:

Oxy B: 2, 2 times after meals
 Complex S: 2, 2 times after meals
 Taurine: 2, 2 times before meals
 Oxy Power: 2, 2 times after meals

Nutri-Spec Fundamental Diet
 Sympathetic Diet

The problem in this case was that the doctor had not yet received your revised testing and analysis procedures. Since this patient had somewhat low blood pressures, she did not show a positive Sympathetic test pattern by the old protocol. The new NUTRI-SPEC analysis showed a very clear Sympathetic test pattern, and here is the doctor's comeback 4 weeks later:

"I proceeded the way you suggested, and in only 1 month the result is simply miraculous! The woman reports a radical change in her overall condition for the better. She especially emphasizes that for the first time in more than 6 months she can sleep normally. Prior to NUTRI-SPEC, she had to change her bed clothes 2 or 3 times every night due to extreme sweating. Furthermore, the woman has begun menstruating again! The woman and I would like to deeply thank you for showing us the proper way to use your brilliant work."

Now that you have read this story, you need to answer one multiple choice question to test your reading comprehension. Here is that question:

Choose the best answer:

- (A) Complex S is a powerful cure for night sweats.
- (B) Complex S is needed by all women suffering from amenorrhea.
- (C) Complex S is an effective treatment for Type I diabetes.
- (D) NUTRI-SPEC is brilliant work.
- (E) Giving patients an individualized nutrition regimen based on objective test procedures yields dramatic clinical results.

If you answered (A), (B), or (C), then you need to go back to square one. Reread Chapters 1 through 3 of “An Analytical System of Clinical Nutrition,” along with Appendix A and the Example Patients so that you can re-center your practice on patient-specific nutrition. If you answered (D), then my reply to you is that NUTRI-SPEC gives YOU the power to do brilliant work --- but only if you understand (E), the correct answer to this question.

Just for fun --- here is yet another Complex S story. A doctor had a husband and wife come to her for NUTRI-SPEC care. The wife was started on NUTRI-SPEC and good results were obtained. The man, with hypertension and erectile dysfunction, was delayed in getting started because medical tests had indicated the possibility of an active cancer. When the doctor finally got the green light to use NUTRI-SPEC on the man, she gave supplements for his Electrolyte Stress and Sympathetic Imbalances. Within 1 week of starting Complex S, the ED was gone.

What do we learn from this case history? Obviously, that Complex S is the perfect remedy for ED. ☺

Have fun; prosper; be well.

Guy R. Schenker, D.C.

P.S.: Do NOT miss your opportunity to be part of NUTRI-SPEC in its fully revised and magnificently empowered form. For the rest of this month you can have your **FREE** copy of the totally transformed “An Analytical System of Clinical Nutrition.” Simply place an order for at least \$288 (merely the cost of a dozen Oxy B), and you will receive the new manual with the improved test procedures and the highly efficient Quick Reference Guide. CALL TODAY.